



JUNIOR CAREER & COLLEGE PLANNING/ICAP*

CHECKLIST

September	Meet with your school counselor to discuss current credit status, gpa and any deficiencies to make up in the next year. Discuss your plans after high school.
	Revisit and update your Post Secondary career goal in Xello
	Start developing a résumé —a record of your accomplishments, activities, and work experience. This will be an important part of your college application
	If you haven't participated in activities outside of class, now is the time to sign up. Consider clubs at school, team sports, leadership roles, or involvement in a religious or civic community group.
	Register for the October PSAT/NMSQT . (October of Junior Year)
	If you are interested in pursuing the Arts, continue to save samples of your best work for your art/music/academic portfolio (all year).
	Take the ASVAB (optional) - the Armed Services Vocational Aptitude Battery, which is a multiple-choice test that helps you identify which Army jobs (Military Occupational Specialties) would be best for you.
	Learn about colleges. Look at their websites and research college options. www.collegedata.com https://bigfuture.collegeboard.org/college-search Xello>Explore>Explore Schools Xello: Choosing a College
	Talk to friends, family members, teachers, and recent grads of your school now in college. List the college features that interest you.
October-December	Attend College Rep Visits at BMHS - Admission representatives from the colleges
	Attend Western Slope (Virtual) College Fair - October
	Complete Xello Lessons to learn more about your skills and strengths.
	Take the PSAT/NMSQT - scores could qualify you for the National Merit Scholarship Program, the National Achievement Scholars Program, or the National Hispanic Recognition Program. The more you take standardized tests, the more familiar you will become with the format and the types of questions asked.
January-February	Attend College Rep Visits at BMHS - Admission representatives from the colleges
	Register for an additional spring SAT and/or ACT. Collegeboard.org act.org

	Evaluate your family's financial resources and learn about financial aid. FAFSA4caster gives you a free estimate of your eligibility for federal student aid. You must use the Free Application for Federal Student Aid (FAFSA®) form to apply for aid once you've decided to apply for admission and attend college. https://studentaid.gov/understand-aid/estimate
March-April	Continue researching colleges and universities. Go to college fairs, Rep Visits and open houses. Learn as much as you can about colleges online. www.collegedata.com https://bigfuture.collegeboard.org/college-search Xello>Explore
	Begin planning college visits. Try to visit colleges near you over spring break. Include a large, medium size, and small campus.
	Continue to work on your list of colleges that interest you. Go online to request additional information.
May	Take a look at some college applications and the Common Application. Make note of all the pieces of information you will need to compile. Make a list of teachers, counselors, employers, and other adults who could write letters of recommendation.
	Think about which teachers you can ask to write a Letter of Recommendation. Ask them before you leave for summer break.
	Consider lining up a summer job or internship.
	Register with the National Collegiate Athletic Association (NCAA) Eligibility Center if you are an athlete planning to continue playing a sport in college https://web3.ncaa.org/ecwr3/
June-August	Continue narrowing down your college list.
	Start brainstorming your college essay.
	Begin thinking about your applications. Generally, colleges will have their applications online on August 1.

**ICAP=Individual Career and Academic Planning*